

**Season Starts on Saturday 3<sup>rd</sup> October 2009**

**WELCOME TO SEASON 2009-2010.**

Well, Athletics season is finally here, and we would like to welcome all our new families to Casey, as well as welcoming back our existing members for another happy, healthy competition season. At Casey Little Athletics, We offer a fun, family friendly environment, that encourages our children to be active and keep fit, whilst having fun, and striving to achieve their best. The children should always be encouraged to be the best that they can be, and congratulated on even the smallest personal victory or improvement. We trust that you will all enjoy the season, and look forward to sharing your children's athletics journey. Our friendly committee members are here to help, and will do their best to answer any queries you may have as the season unfolds. So, again, welcome to Season2009-2010, and happy running.

**COMPETITION TIMES**

Competition starts at 8.30 am sharp on a Saturday. We would like athletes at the ground ready for an 8.15 warm up, this helps prevent injuries and prepare them for doing their best on the day. If you are at the ground by 8.00am we can have officials sorted out and children ready for a prompt start to the morning and an earlier finish at the end of the day.

**If you are not a volunteer with a venue helper tag then you are required to be outside the fence during competition time to ensure minimum confusion on the track. If you would like to be closer to the action the only way is to volunteer as a venue helper and help us help the kids have fun.**

**We also ask that parents and children enter and leave the arena by the gates ONLY. Thank you.**

**COMMITTEE MEMBERS**

Have you noticed the sea of orange in the arena? All our committee members wear orange fluorescent vests so they are easily visible, and ready to help with any of your queries.

**UNIFORM REQUIRMENTS**

It is important to wear your blue t-shirt and 2009/10 registration tag to each Casey meeting so that the recorders can complete your performance tickets at each event. Your blue shorts must be above the knee in length for safety reasons. T-shirts and shorts are available from the uniform room, located next to the canteen, for those who need to purchase them.

**TRAINING TIMES**

Whilst not compulsory, training is a great time for your kids to learn the basics of the events coming up before competing on Saturday.

**Track & Field training starts,**

Thursday 17 September 2009 at 5.30pm - 6.30pm for Under 10's to Under 15's.

Tuesday 22 September 2009 at 5.30pm - 6.30pm Under 6's - Under 9's

Any athlete interested in distance training can attend on Thursday's at 4.45pm - 5.30pm

Training is from 5.30 – 6.30pm. U6 to U9's train on Tuesday and U10 – U15's train on Thursday.

Parents with children in each training night may prefer to attend the Thursday night training session. We always appreciate any assistance with training nights. Just ask one of the coaches and they will advise you on how to assist.

**NEWSLETTER.**

This will be our last edition of the newsletter printed out . The next edition will be emailed to all of our families on a fortnightly basis.

If you have not provided an email address to the centre, please do so. For those families who don't have access to email facilities, hard copies will be placed at the canteen.

If anyone has any information they would like included in the newsletter, please see our club secretaries, Dean & Simone Matheson.

**CANTEEN MANAGER REQUIRED**

We still require someone to manage the canteen. This person would be responsible for all the purchasing of stock for the canteen, and maintaining the float. Canteen duty will be rostered to each age group, so you would not have to be in the canteen every week.

Please contact the Dean or Simone if you are able to help.

**SMR U6 to U8 CARNIVAL**

Casey Little Athletics is proud to be hosting the SMR U6 to U8 carnival in 2009.

This fantastic fun day will be held on Sunday 29<sup>th</sup> November, 2009 here at Edwin Flack reserve.

**SMOKING POLICY.**

Please remember we are a non-smoking facility.

Smokers are required to be a minimum of 50m away from the arena at all times.

**DON'T FORGET YOUR HAT, SUNSCREEN AND WATER BOTTLES, AND ALWAYS REMEMBER TO TRY YOUR BEST AND HAVE LOTS OF FUN!**